

European Ski Touring Equipment List

Ski touring in Europe provides the opportunity to travel light. We will spend each night in simple mountain huts or in small hotels. This allows us to leave all of our camping gear at home and to travel with packs that should weigh no more than 20 lbs. Having a lightweight pack is essential to allowing us to travel efficiently each day and to ski in sometimes challenging terrain while wearing a pack. Study this list carefully and please ask for evaluation of your current equipment if needed.

Although there are usually no laundry facilities on the route, there are often opportunities to bathe at least once during the trip and there is usually a chance to rinse a few items in a sink if needed.

All items on the list are required unless otherwise noted. Items marked with a **(R)** are available to rent from NMS.

Ski Equipment

- Alpine Touring (Randonnée) or Telemark Skis (R):** We find a mid-fat ski to be the most enjoyable vehicle for this type of tour. If your ski is too fat it tends to be heavier and more difficult to use established skin tracks. Ideal underfoot dimensions for Europe are 85-95 mm range, anything wider than 95 will cause difficulty on firm skin tracks. i.e. La Sportiva GT ski w/ Dynafit binding (i.e. TLT Vertical or Radical ST or FT) & brakes
- Ski Boots:** i.e. La Sportiva Spitfire Boot or similar
- Ski Crampons (R):** Ski Crampons are required for this trip. This is generally not a problem for AT skiers, but telemark skiers often have difficulty finding a crampon that is compatible with their setup. Contact the office if you have questions on how to find ski crampons that will work with your setup.
- Ski Skins (R):** i.e. La Sportiva HiGlide GT Skin
- Ski Brakes (R) (do not bring skis without breaks)**
- Ski Poles (R):** i.e. Black Diamond Traverse or Compactor Ski Pole
- Ski Strap:** Make sure this fits around your skis and poles i.e. Voile strap
- Avalanche Beacon (457 MHz) (R):** Start with new batteries and bring a spare set. i.e. Ortovox S1+
- Shovel (R):** This should be a metal shovel i.e. Black Diamond Transfer 7 Shovel
- Avalanche Probe (R):** This should be a sturdy probe i.e. Black Diamond Quick Draw Guide Probe 300

Climbing Gear

- Backpack (R):** 35 Liters with the ability to attach skis easily. i.e. Black Diamond Revelation or Ortovox Tour 32 + 7 ABS Pack
- Ice Axe (R):** Look for something short (i.e. 50 cm) and light. i.e. Petzl Snowracer
- Boot Crampons (R):** This is one of the few cases where a lightweight aluminum pair of crampons is the ticket. Be sure they are compatible with your ski boots. i.e. Black Diamond Neve Pro Crampons
- Climbing Harness (R):** Lightweight with belay loop. i.e. Petzl Adjama or Hirundos
- Locking Carabiner (R):** Bring a single locking carabiner. i.e. Petzl Attaché 3D
- 2 Non-locking Carabiners:** i.e. Petzl Ange L

Upper Body Clothing

- Lightweight T-shirt:** This is nice for the hut and can be made from cotton.
- Synthetic Long Underwear Top:** i.e. Patagonia Capilene 2 Zip Neck
- Light Fleece Shirt:** i.e. Patagonia R1 Hoody or R1 Pullover
- Insulating Layer:** A Patagonia Micro Puff Hooded Jacket is a great way to go here.
- Hard or Soft Shell Jacket:** For ski touring we generally use a soft-shell type jacket with a good hood. An example of this is the Patagonia Knifeblade Pullover. You need something to protect you from wind and precipitation and as always go for lightweight. In some cases a hard shell (gore-tex) type jacket can be even lighter weight but they are not as breathable and therefore not as nice to tour uphill in.



Lower Body Clothing

- Synthetic Underwear:** As with all layers these should be synthetic so they wick moisture.
- Synthetic Long Underwear Bottoms (optional):** i.e. Patagonia Capilene 2 Bottoms
- Synthetic Climbing Pant:** We wear the Patagonia Backcountry Guide Pant. These are synthetic pants with a bit of wind resistance and have a built in gaiter/cuff that works well enough with ski boots to allow you to leave your gaiters at home. Although these are usually not cheap, they are the way to go for this type of tour. Get a pant with pockets.
- Hard Shell Pants:** Lightweight with full side-zips and built in gaiter.

Head, Hands, and Feet

- Warm Hat or Balaclava:** i.e. Patagonia Lightweight Ski Hat.
- Neck Gaiter or Buff:** This can be good for protecting your face in a cold wind. The Buff is a lightweight neck gaiter than has innumerable uses including doubling as an ear band. We do have NMS buffs available for purchase.
- Sun Hat:** i.e. Patagonia Bimini Cap or other baseball cap with bandana
- Dark Sun Glasses:** Make sure these have the darkest lense (Category 4) i.e. Julbo Bivouak or Dolgan, the Zebra or Spectron 4 lenses are best (non-polarizing).
- Ski Goggles**

- Mid weight glove:** i.e. Black Diamond Impulse or Pilot Glove
- Ski Gloves:** i.e. Black Diamond Guide or Super Rambla Glove
- Chemical Hand warmers:** optional but nice for people whose hands get cold easily

- Custom Foot Beds:** At the very least you probably want to replace the foot beds that come with your boot with something like Super Feet. A custom foot bed is going to increase the comfort of your boot even more.
- Socks (2 pairs):** These should be a mid weight wool or synthetic ski sock, no cotton.

Other Items

- Food:** Breakfast and dinner is provided in the hut. Bag lunches can be obtained in the hut. If you have favorite items such as GU bring it with you. We will be able to pick up other lunch food items before the start of the tour.
- Water Bottle or Thermos:** A good combination is one ½ liter thermos & one 1-liter water bottle.
- Head Lamp (R):** Petzl Zipka w/ fresh set of batteries
- Pocket Knife:** It is nice to have a corkscrew in the Alps.
- Repair Kit:** Bring a small kit specific to your bindings. If you are on Tele gear with cable bindings bring an extra cable. We will provide basic repair kits.
- Blister Kit:** Duct tape, moleskin, Compeed pads and band-aids.
- Sunscreen:** 2 x 1 oz. tubes with high SPF factor (30 or higher)
- Lip Balm w/ sunscreen**
- Toiletries:** Very small tube of toothpaste, toothbrush. Keep this very light.
- Ear Plugs:** For noisy huts.
- Sleeping Sacks:** This is a thin silk sack i.e. Cocoon Silk Travel Sheet
- Small Camera:** Rigged to carry on the outside your pack. Do not bring a big SLR.
- Batteries:** Always carry a spare set for your beacon. Also as needed for camera, headlamp, etc.
- Wheeled Duffel:** We like wheeled duffels as they make travel through train stations and airports much easier. We will also leave this at the hotel with extra clothing during the tour.
- Ski Bag:** For transporting Skis, poles, boots etc. The wheeled versions of these are also nice.
- Street Clothes:** For start and end of the trip.
- Passport:** Also make a photocopy to carry on the tour.
- Money:** ATMs work well in town. You will need about 40-50 Swiss Francs per hut if you plan to buy drinks, lunch, etc. as most huts do not take credit cards.
- Maps & Books (optional):** See the pre-trip information for a list of maps & guide books specific to your tour.

